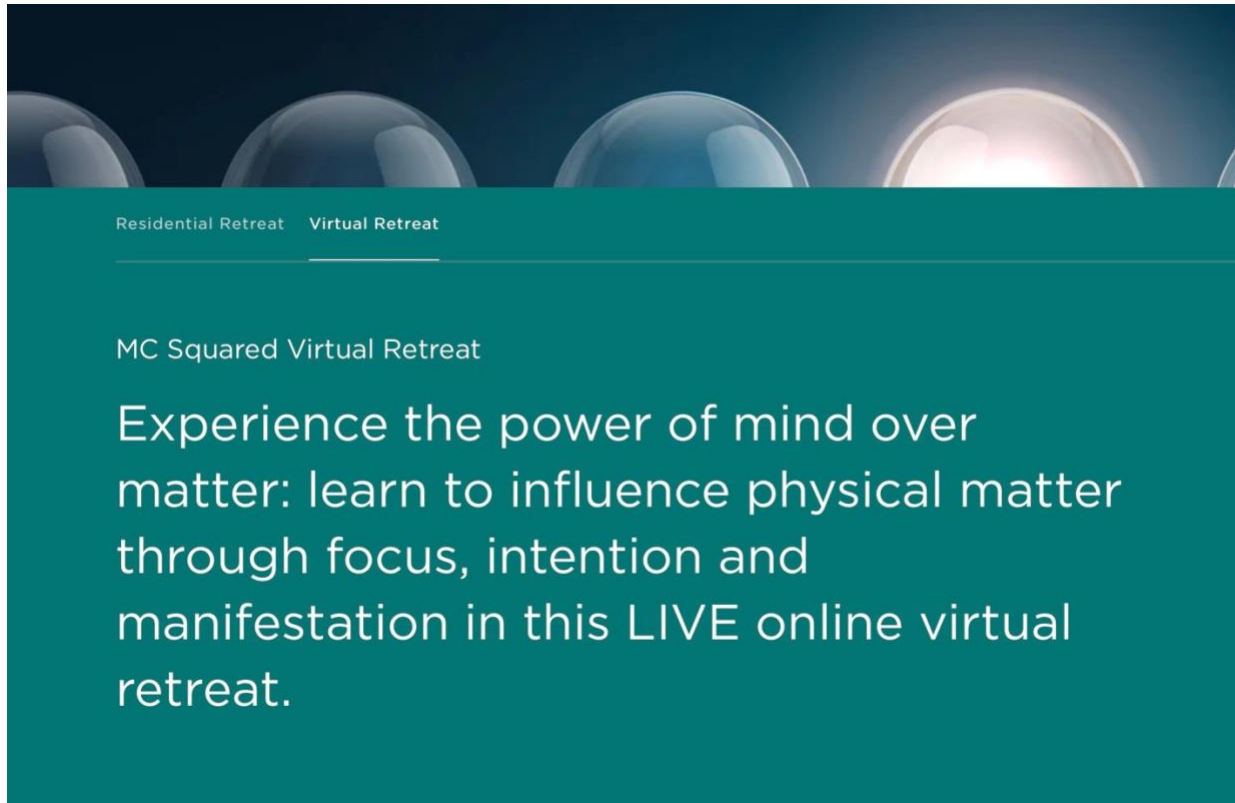


## Webpage Program Description



Residential Program

**995.00**

5 Days + 6 Nights

### Prerequisites

[Gateway Voyage Virtual Retreat](#)

[Gateway Experience](#)

[Gateway Voyage](#)

Only one of the prerequisites above is required

Witness change through the power of your intention. Join Dr. Gallenberger and learn how to refine and strengthen you manifestation skills.

Learn to influence matter with your mind and focused energy. Explore expanded consciousness, intention and manifestation. Learn the principles behind patterning, manifestation, and psychokinesis. Practice using visualizations and affirmations to focus your thoughts and energy to affect matter.



*(See the link in the details section below)*

Expand your belief systems. Explore using your intuition to perceive potential realities, select the desired outcome, and finally, its manifestation. This retreat focuses on engaging the heart, mind, and spirit. Participate in group healing circles for yourself, friends, and the Earth.

Witness and experience firsthand the power of your mind and focused intention. Enjoy exercises for hands-on metal bending and more. Learn how to focus your intention to achieve desired outcomes (dice exercise). Discover your ability to influence time and space.

#### How it works

1. MC Squared Virtual Retreat is a 5 ½ day real-time interactive online retreat.
2. The daily schedule is based on each virtual retreat's specific time zone.
  1. Day 1 begins at 3:00 pm with an overview, introductions, logistics and an audio exercise. The day ends at 6:00 pm.
  2. Days 2-6 begin at 9:00 am. Each day is different and includes 3-4 audio meditation exercises, activities, videos, and short presentations with a break for lunch. Each day ends at 6:00 pm.
  3. If you are choosing a date not in your time zone you may calculate your local time here.
3. The program will be conducted using Zoom meeting, a popular online platform for video conferencing and interactive online instruction. Audio exercises will be

streamed through the Zoom platform and also available for streaming through your Monroe account during the retreat.

4. Reliable internet connection with a recommended minimum internet speed of 5 Mbps for streaming the exercises.
5. You will need headphones and a computer with a camera and microphone for video communications Over-ear wired stereo headphones or high quality earbuds are recommended with a cord long enough to reach the place where you will be listening to the exercises.

To ensure you have true stereo sound, you can use this [Audio Test](#). (Linked in the details section below.) You should hear a pulsating frequency from ear to ear.

## What You Get

In addition to the program materials and audio exercises, you will receive the following benefits.



### *Trainer Facilitation*

Throughout the course a Monroe trainer will be there to answer your questions and support and guide you through the program.



### *Additional Audio Exercises*

Continue your exploration once the program has ended with a take home audio exercise.